



# POWER FLEX LEG DEVELOPER

Model No. GGMC03220

## QUESTIONS?

We are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

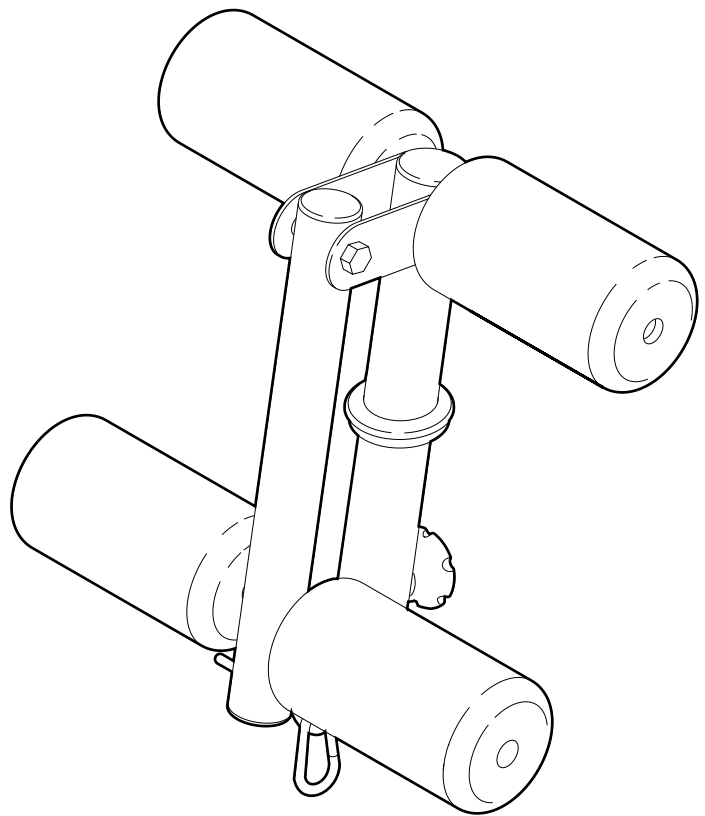
TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:  
**1-800-999-3756**  
Mon.-Fri., 6 a.m.-6 p.m. MST

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## USER'S MANUAL



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym International, Inc.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight system accessory.

1. Read all instructions in this manual and in the literature accompanying the weight system before using the weight system accessory. Use the accessory only as described in the literature.
2. Keep hands and feet away from moving parts.
3. Make sure that the nylon rope remains on the pulley at all times. If the nylon rope binds while you are exercising, stop and make sure that the nylon rope is on the pulley.
4. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## ASSEMBLY

Thank you for selecting the versatile GOLD'S GYM® LEG DEVELOPER weight system accessory. **For your benefit, read this manual carefully before using the weight system accessory.**

The Short Nylon Rope (6) has three ends connected in the middle with a bracket. **Note that two ends of the Rope go out of one side of the bracket, and the single end goes out the other side of the bracket.** Route the single end of the Rope under the "V"-Pulley (15). Attach the Pulley to the front leg (A) with the M10 x 107mm Bolt (16) and the M10 Nylon Locknut (11).

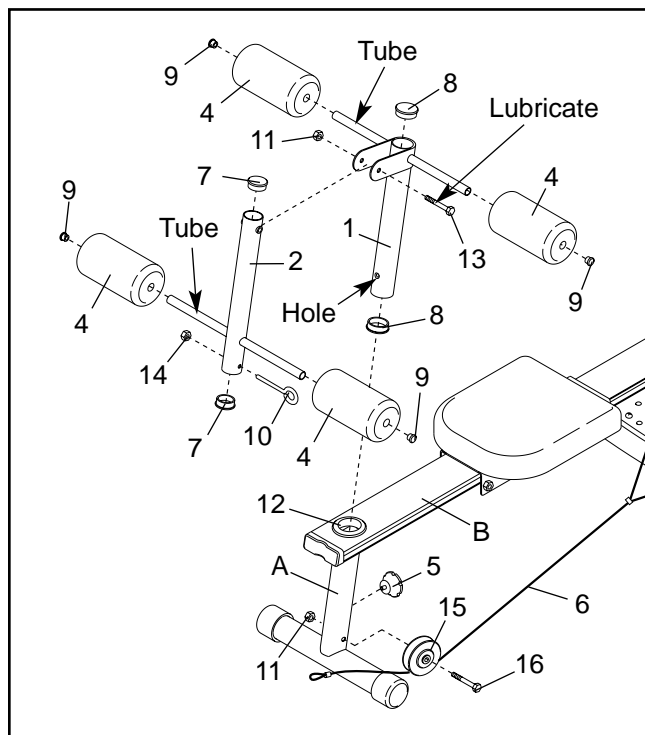
Press two 2" Round Inner Caps (8) into the Leg Developer (1). Press two 45mm Round Inner Caps (7) into the Leg Lever (2).

Attach the Eyebolt (10) to the indicated side of the Leg Lever (2) with an M8 Zinc Nylon Locknut (14).

Lubricate an M10 x 69mm Bolt (13). Attach the Leg Lever (2) to the Leg Developer (1) with the Bolt and an M10 Nylon Locknut (11).

Press four 19mm Round Inner Caps (9) into the tubes on the Leg Developer (1) and the Leg Lever (2). Slide four Foam Pads (4) onto the tubes.

Replace the old bench leg bushing (not shown) in the bench frame (B) with the new Bench Leg Bushing (12). **Make sure the inside of the Bushing is aligned with the front leg (A).** Slide the Leg Developer (1) into the bench frame and align the indicated hole with a hole in the front leg. Tighten the Bench Knob (5) into the Leg Developer.



# ADJUSTMENTS

## ADJUSTING THE LEG DEVELOPER

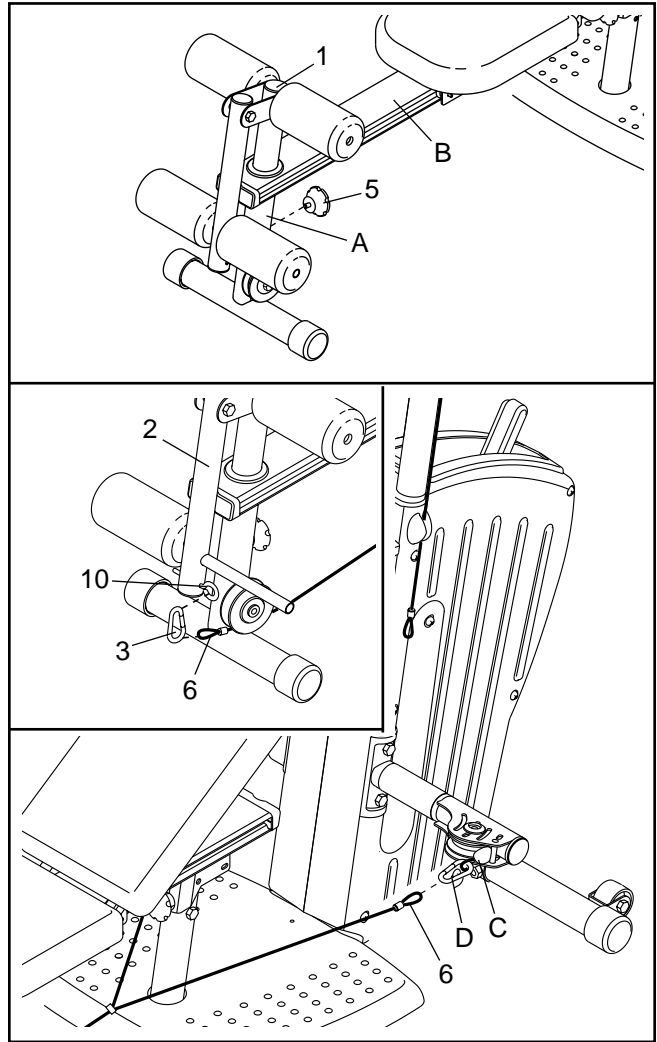
To adjust the height of the Leg Developer (1), unscrew the Bench Knob (5) from the front leg (A). Align the hole in the Leg Developer with one of the three holes in the front leg. Retighten the Knob into the front leg and Leg Developer.

To remove the Leg Developer (1), unscrew the Bench Knob (5) from the front leg (A) and lift the Leg Developer out of the Bench Frame (B). **Make sure the short nylon rope is not attached to the eyebolt in the leg lever**

## ATTACHING THE SHORT NYLON ROPE

To use the Leg Lever (2), attach the single end of the Short Nylon Rope (6) to the Eyebolt (10) on the Leg Lever with a Cable Clip (3), as shown in the inset drawing.

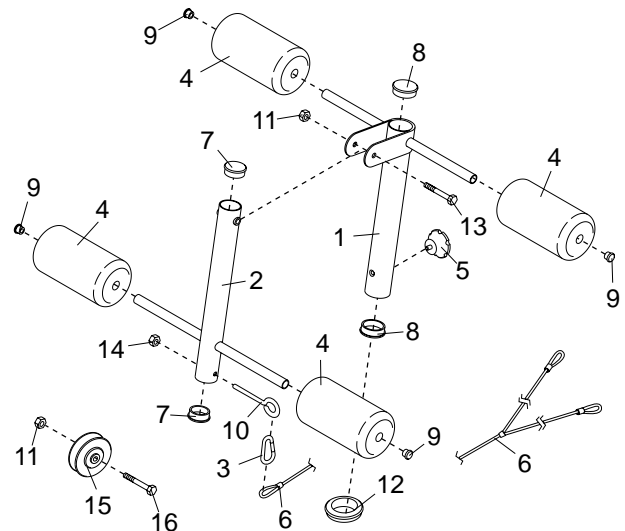
Attach the shorter of the other two ends of the Short Nylon Rope (6) to the indicated end of the long nylon rope (C) with a cable clip (D). Attach the final end of the Short Nylon Rope to the other end of the long nylon rope in the same manner (not shown).



# PART LIST/EXPLODED DRAWING—Model No. GGMC03220

R0902A

Key No.	Qty.	Description
1	1	Leg Developer
2	1	Leg Lever
3	1	Cable Clip
4	4	Foam Pad
5	1	Bench Knob
6	1	Short Nylon Rope
7	2	45mm Round Inner Cap
8	2	2" Round Inner Cap
9	4	19mm Round Inner Cap
10	1	Eyebolt
11	2	M10 Nylon Locknut
12	1	Bench Leg Bushing
13	1	M10 x 69mm Bolt
14	1	M8 Zinc Nylon Locknut
15	1	"V"-Pulley
16	1	M10 x 107mm Bolt
#	1	User's Manual



Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGMC03220)
2. The NAME of the product (GOLD'S GYM® LEG DEVELOPER weight system accessory)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (refer to the PART LIST)

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## LIMITED WARRANTY

**WHAT IS COVERED**—The entire GOLD'S GYM® LEG DEVELOPER weight system ("Product") is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. ("ICON"), warrants the product frame for the lifetime of the original owner. ICON warrants all other parts for one year after the date of purchase. Labor is covered for ninety days.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER'S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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